

Title:

How to Play Basketball Defense Effectively

Word Count:

421

Summary:

Some people just seem to have the talents and skills necessary for basketball. Some of us thou

Keywords:

sport, basketball, basketball plays, history of basketball, basketball court dimensions, baske

Article Body:

Some people just seem to have the talents and skills necessary for basketball. Some of us thou

One area that is vital in playing basketball is good defense. There are several fields in defe

Body weight The key is to keep your head low. Most players want to stand erect rather than cro

Position of the hands There are obviously several hand positions that you must keep in mind. H

You can also position your hands at your sides. This would be easier for players and could gre

Get into the bubble There is this thing we call the bubble which basically pertains to the sph

Basketball isn't merely a game of balls and moves, it is also affected by the mental battles t

Be a constant irritation because this will affect ball handling. You must also be mindful that

Determination to become a good defensive player Lastly, it all lies in the determination to wi

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